

Dear [Friend's Name],

I hope this message finds you well. I am writing to express my sincerest apologies for my recent behavior. I deeply regret participating in the gossip about you that was circulating among our friends.

Looking back, I realize that my actions were not only thoughtless but also hurtful. You deserve friends who uplift and support you, and I fell short of that standard.

Please know that it was never my intention to cause you pain, and I am truly sorry for any distress I may have contributed to. I value our friendship immensely and would like to make amends.

If you're open to it, I would love to discuss this further and work towards rebuilding your trust in me.

Thank you for considering my apology. I hope to hear from you soon.

Warm regards,

[Your Name]